



Cheerful Heart Newsletter

Merry Christmas !!!



"A cheerful heart is good medicine..." Proverbs 17:22

Volume 24 Issue 3

Lake County Montana

December 2025

Changing of the guard

Volunteer Coordinator — THANK YOU Barbara !!



Barbara Morin has held Cheerful Heart's Volunteer Coordinator position since December 2008. For 17 years Barbara has organized a group of volunteers to serve soup and provide various services for cancer patients from Lake County who are currently in cancer treatment. She is a fixed asset every Tuesday at the Polson Oncology Clinic, visiting and connecting with cancer patients. She maintains an inventory for the hats, wigs and scarves program as well as Comfy Chemo shirts and prostheses. If necessary she works with Cheerful Touch to schedule appointments for hair/nail care and massages. She is knowledgeable about other programs and services and makes referrals.

Barbara says, "In 2008, I was asked if I would be interested in being Volunteer Coordinator for Cheerful Heart. I didn't hesitate. My father died at 46 from cancer, my Mother had breast cancer and I myself, am a two-time survivor of cancer. I have never regretted for a moment taking this position. It is now the time in my life to hand it over."

Sharon McGuire has volunteered for past three years at the Oncology Clinic and provided articles to this newsletter on gentle yoga and Reiki for cancer patients. She is now the Volunteer Coordinator picking up Barbara's responsibilities.

"My whole life I have been drawn to helping people, Sharon says. "At gatherings I would always seek out the host and offer my services for anything that might need to be done. For a long time, I struggled with accepting that this was a part of who I was and that it didn't seem to be much of a life's purpose. I have since realized that this is my 'superpower.'

"When my mom's cancer returned, I was living in Polson, and she was in Indiana. I had a lot of guilt not being there to help her. Then I found Cheerful Heart, and while I wasn't directly helping my mom, I was helping those who were struggling with cancer in my own town. I have been volunteering with Cheerful Heart for over three years and when Barbara approached me about assuming the responsibilities of Volunteer Coordinator, I felt it deep in my heart that this aligned with my purpose of helping others. I am excited to step into this role and while I know I have big shoes to fill from the years of work Barbara has put in, I will strive to show up and help others to the best of my ability."

Cheerful Touch Cosmetologist Retires — THANK YOU Renee



Renee Bassett, breast cancer survivor and "thriver," wanted to give back after her cancer treatment ended. In 2008 she created Cheerful Touch to help cancer patients with hair loss and skin problems.

For the past 17 years Renee has responded to patients' skin and hair needs. She traveled to patients' homes or brought them into her "Salon Envy" business. She advised and showered patients with love and care. She sold her business and at the end of the year she retires.

Shawna Croft will step into Renee's "big shoes" full-time when she earns her cosmetologist license in May 2026. She will work with Renee until then. Shawna grew up in the Bitterroot Valley and moved to Ronan when she was 27. She has lived in Alaska, Washington D.C., Virginia, Maryland, North Carolina, Oregon and Montana. Shawna married Jesse 25 years ago and they have a 20 year-old daughter, Kaitlyn.

She has worked for St. Luke Healthcare and St. Joseph Assisted Living, Orthopedic Surgeons, an Ophthalmologist and Construction Contractors. For the past 15 years, she has owned and operated Montana West Gallery & Framing. She wants to work in Senior Care Facilities. Shawna says, "bringing joy and happiness to others is my passion and I'm truly fortunate to be on this path, meeting so many beautiful and inspiring people."

Cheerful Touch services are provided free of charge to patients currently in treatment, and include shaving heads and consults on head coverings, nail care and polishing, and new makeup. Cheerful Heart, Inc. supports the program with funds to purchase head coverings, makeup and nail polish. For appointments call Cheerful Heart, (406) 883-3070.

Cancer Support Group



Matthew Connolly

Cheerful Heart's Cancer Support Group meets from 10 a.m. to 11 a.m., on the 2nd and 4th Tuesdays of the month. The group meets in the third floor Leahy Conference Room. at St. Joseph Medical Center.

Matthew Connolly, pastor of the Church of the Nazarene, leads the group and welcomes those recently

diagnosed, those undergoing treatment, cancer survivors, and/or family members. The group aims to provide a safe place for members to share, learn, support, and encourage members after a cancer diagnosis; and, to conquer the fear in themselves and others. Confidentiality is practiced, anything spoken in group stays with the group.

Gatherings are informal allowing folks to drop-in when schedules and life permits.

The Power of Sticky Toes

Millions of hair-like fibers, called setae, on the bottom of gecko toes enable them to stick to slippery surfaces. ... Scientists have tried for decades to replicate the miracle that is the gecko toe, for use in stronger adhesives, medical and personal care products, and more. ... But those tiny hairs have proven complicated and expensive to fabricate. ... An additional challenge was to invent a material that could linger safely in the body, delivering a sustained dose of medicine, before disintegrating. Scientists developed a way to turn an already FDA-approved biodegradable polymer, poly lactic-co-glycolic acid (PLGA), into small particles displaying branched hair-like nanostructures similar to those on the gecko's feet. ... The study showed that the particles clung tightly to the cancer for days, even in a slippery environment like the surface of a bladder. [\[Read more\]](#)



Thank You 2025 Donors for helping Cheerful Heart serve cancer patients

Country Store
GSLC Trust
GSLC Women
GSLC
Ronald and Esther Sain
Richwines
Pat Binger
Jeanne Franz
Mission Valley Methodist Church
Don and Sue Williamson
Dean and Bonnie Allred
Keith Lanier
Teri Warford
St Andrews Episcopal Church

Ernie and Mary Lou Ratzberg
Terry and Loretta Druyvestein
Jeanne Doepke
Tamara Alley
Tamara Avison
Don and Mary Patterson
Arlyn and Karen Amundson
Faith Lutheran Church
Mission Valley Printing
Sid and Lynette Rundell
Dayton Ladies Aid
Valerie Lindstrom
Innovia/Anonymous

Cheerful Heart, Inc. offers free non-medical services to Lake County cancer patients currently in treatment by using dedicated volunteers. Cheerful Heart is funded by donations from individuals, organizations and businesses. All funds are used in Lake County. We need your support, both monetarily and as a volunteer. To help us, clip and mail the form below to Cheerful Heart.

Cheerful Heart Support

Name _____ Telephone _____

Mailing address _____

Email _____

Receive an electronic newsletter by sending your email address to valindy47@gmail.com

Donation amount _____

I would like to be a Cheerful Heart volunteer. Please mark volunteer services that interest you.

Transporting _____ Serving Soup at clinic on Tuesdays _____ Meal preparation _____ Running errands _____

Light house and yard work _____ Other _____

Remove me from the mailing list _____

Cheerful Heart, P.O. Box 688, Polson, MT 59860 ~ 406-883-3070 ~ cheartinc@gmail.com ~ www.cheerfulheart.org